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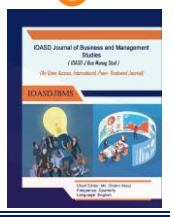

The Influence of Marital Emotional Intelligence and Adjustment Among Female Lecturers of Two Public Universities in Cross River State, Nigeria

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ABSTRACT

This study examined the influence of marital emotional intelligence and adjustment among female lecturers of two public Universities in Cross River State, Nigeria. One hypothesis was formulated to guide the study. The study adopted ex-post facto research design. Stratified and accidental sampling techniques were employed to select a sample of 959 female lecturers from a population of 9692 for the study. A questionnaire title, marital emotions intelligence and adjustment among female lecturers of public Universities Questionnaire (MEIAAFLQ) developed by the researchers and was used in collecting data on (i) Sub-variable involved in the study. The reliability estimates of the sub-scales ranged from .77 to 89 which showed that the instrument was reliable for data collection. The independent t-test statistical analysis was used to test the hypothesis at .05 level of significance and 957 degrees of freedom. The results of the statistical analysis from the hypothesis shows that, emotional self-motivation significantly influences marital adjustment in terms of communication, interest shared, romance and overall marital adjustment among female lecturers of public Universities in Cross River State, Nigeria. The study concluded that emotional self-motivation affects marital adjustment in terms of communication, interest shared, romance and overall marital adjustment among female lecturers. It was recommended among others, that counselors should endeavour to infuse into female lecturers' emotional self-awareness in order to recognize the emotional experience as it comes, know their emotional strength and weaknesses to help them provide feedback to improve upon and to ascertain level of marital adjustment female lecturer should be taught how they could regulate their emotional self for general successful life achievement. This is because, marital maladjustment behavior could instigate someone to be emotional frustrated which would hinder their ability to pay attention to marital issues.

Key Note: Marital Emotional, Intelligence, Adjustment, Female Lecturers, Public Universities.

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INTRODUCTION

Indeed marriage is a unique commitment in the lives of men and women for which they are expected to enjoy happiness, love, provision, protection, procreation and respect in the union. Burke and Weir (1987), Okpechi (2016) noted that one of the most important relationship between a man and woman is marriage. As it involves emotional and legal commitment that is very key in adult life. This however, is not always the case as observed here in the study area where married couples seem to be experiencing challenges that tend to result marital instability. Marital adjustment as used here refers to the extent to which individuals in marriages modify their patterns of behavior to harmonize with the conditions or demands of their marriages. It refers to their abilities to cope with the challenges of their marital lives.

Marital adjustment implies that the couples are integrates in a union which the two personalities are not merely merged or submerged, but interact to complement each other for mutual satisfaction and to aid achievement

of common goal. Hence, emotions, hopes and expectations that bring people together as husbands and wives, once they settle down for life companionship, the union necessarily, creates for them demands and conditions to which they need to adjust for the maintenance of a healthy marital relationship. Among these conditions, are those associated with; need for sexual compatibility; adequacy of finance and consensus in management; adequacy of finance and consensus in management; home management meeting of expectations regarding who handles what; in-law related matters-conflicts of expectations, work related issues-adjust work life to accommodate home challenges and vice-versa, religion related issues especially where beliefs and adherence to practices are not mutually responsive to the needs of one another and cultural orientations and values where there is incompatibility.

Marriage and family is the smallest linking block of the society and good family relations is the guarantee of the future of the society. The foundation of the family is laid through marriage of couples who pledge commitment, faithfulness and fulfilling responsibilities to each other. Marital adjustment is expected to bring the satisfaction and happiness couples desires in their marriage. Hence, marital adjustment in this study is the extent the individuals in marriage are able to appropriately modify their patterns of behaivour to cope with the challenges posed by the exigencies of the issues identified. Poor adjustment to any on or a combination of the issues identified. Must times results in arguments, quarrels and conflicts which if not promptly addressed introduces maladjustment into the marriage (Esuabana, Duruamaku-Dim, Anake, Ngwu, Effiom and Okpechi, 2023).

Marriage is adjusted to the extent that unresolved uses misunderstandings or conflicts are not allow to pile up. Unstable marriage is when a couple frequently quarrels are unable to resolve their outstanding problems and allow conflicts to exist between them.

Marital adjustment as opine by Sunday (2023) especially important are the sharing of experiences, interests, and values; respect for the partner's individual needs, aims, and temperaments; maintenance of open lines of communication and expression of feelings; clarification of roles and responsibilities; cooperation in decision making, problem solving, rearing of children; and attainment of mutual sexual gratification. Effective communication is the key to a successful marriage. It is the art of talking about and listening to what your spouse says. Intimate conversation requires giving each other undivided attention and avoiding unnecessary interruptions during talks. Communication is critical in any relationship but imperative in a marriage, communication is not just about exchanging words; it is also about body language and tone of voice. Both parties, need to be honest, transparent, and understanding for communication to be effective.

For any intervention or programme to be successful in enhancing marital adjustment among couples, there is need to understand the role of values orientation in facilitating or inhibiting marital adjustment. The study of Eccles (2015) attempted to assess how personality trait predict marital stability. Other factors that have been researched on in the past include: work-life balance, socio-economic background, domestic violence and role conflict. This research work, will investigate the role of marital emotional intelligence and adjustment among females lecturers of two (2) public Universities namely; University of Calabar, Calabar and University of Cross River State UNICROSS.

Martial emotional intelligence from the forgoing could thus play a significant role in a happier relationship and a more stable marriage. In life, often faced with challenges, feelings of failure, humiliation among others, couples tend to consider feelings and emotions rather than wisdom and reasoning. Recognizing and directing emotions may also make a major contribution to sustaining a marital partnership. While focusing on the effects of emotional intelligence; on marital satisfaction does not mean overlooking those other factors, it is essential for the health of couples' emotional and social communication, family marital health and many basic family issues, consideration needs to be given to these attributes in order to foster emotional maturity, in order to achieve a better process of marital relationship.

Intelligence according to Galton (2023) is the cognitive abilities of an individual to learn from experience, to reason well, and to cope effectively with the demands of daily living. Intelligence which is the basis of all other human characteristics is composed of two general factors: fluid intelligence and crystallized intelligence. Fluid intelligence is general to many different fields and is for adaptation to new situation while crystallized intelligence is general mental ability which indicates the extent to which an individual has appropriated the collective intelligence of his culture for his own use; and of course, this is largely dependent upon that person's fluid intelligence, for he must have the basic capacity to appropriate that which at one time must have been novel to him.

Goleman, Salvory and Mayer (2021) states that emotional intelligence is the ability to recognize, understand and manage our own emotions. Also, to recognize, understand and influence the emotions of others. It is the area of cognitive ability that facilitate interpersonal behavior. Most researchers agree that emotional intelligence can be used to assess people's management styles, attitudes, interpersonal skills and potentials, as well as involved in human resources

planning, selection into different ability groups. It helps in promoting effectiveness, academic performance and productivity of people at large. It also provides ways in helping people learn together on how to work more effectively. In the educational sector, it also helps to predict success in academic.According to Asim and Promise (2012), Effiom (2024) the root cause of low level of emotional intelligence (EI) in an individual start with needs which require attention, and attention which trigger up emotions, emotions which could be positive or negative feelings. For the purpose of this study, one (1) from the five (5) components of emotional intelligence by Goleman (2016) namely; (1) self-awareness (2) self-regulation (3) self-motivation (4) empathy and (5) social skills. Will be used as a variable. And that is "self-motivation"

Self-motivation as a factor of emotional intelligence is the intrinsic initiative and commitment to complete a task with perseverance even in the face of adversity. Spencer and Spencer (2013) noted that people with high emotional motivation are result oriented because they exhibit achievement drive, commitment, initiative and optimism to meet their objective and standard. It is presumed that such caliber of person/students always make good use of their learning opportunities, mobilize effort of others and always incline to make tangible sacrifices towards their academic achievement in school. Emotional self-motivation allows people to exercise the experiences on how to adjust in marriage.

The aforementioned good attributes are fast giving way to maladjusted behavior, particularly marital crises among female lecturers of public Universities. Female lecturers differ in their emotional intelligence especially how they think, how they feel and respond to the demands of marriage this way likely have great influence on their marital adjustment. It impacts what they do and how they respond to measures put in place to regulate their behavior in marriage. Marital maladjustments are the consequences of dissatisfaction, especially among middle aged couples (40-55) years who are becoming more inclined towards extra-marital relationships and divorce. The problem of marital adjustment has been experienced in couples having less time to fulfill their family responsibilities which may lead to dissatisfaction.

As it is observed, blame is being apportioned to work life, socio-economic factors, level of education, gender issues and political factors. One of the measures taken to deal with maladjusted marriage is the introduction of family court in Nigeria. This measure has had little or no effect as the problem of marital adjustment still persists. It is now more worrisome to note that in spite of the effects government and non-governmental organizations (NGO) to solve the menance of marital crisis or even reduce it to the barest minimum, this problem still persists which courses curiosity on the researchers who sought to find out the possible role of marital emotional intelligence and adjustment among female lecturers of two public Universities in Cross River State, Nigeria.

Statement of the problem

The crisis of marital maladjustment among female lecturers of public Universities in Cross River State of Nigeria has been an issue of serious concern to counselors, sociologists, educational psychologists, social workers and other stakeholders of family life. poor marital adjustment has led to reduced value place on marriage by couples, marriage not being durable, lack of integration of the couples in the union, and general low level of marital satisfaction.

Marriages with poor communication, lack of intimacy, care and love among others have become a common phenomena among Nigeria married couples. This is devastating and has negative effects on the couples well-being, their children and the society at large. School dropout, truancies, drug abuse, teenage pregnancies, prostitutions, kidnappings, poor academic performances, armed robberies and other behavioural problems are feared to be resultant effects of poor adjustment in the society.

Encounter with some female lecturers revealed that while in school, many are always bored, restless, ready to fight, depressed, and find it hard to interact with colleagues. In most cases, they prefer staying in isolation while at school. These possible may have adverse effect on their inter-personal relationship. In other to meet up, some married female lecturer regularly indulge in drinking, smoking, reading for too long, hallucinating, disorder and other related behaviours.

This ugle situation has raised a lot of concern to the researchers and government as the persistent of marital maladjustment reflects on the lecturers job effectiveness.

Given the foregoing, one may ask whether martial adjustment problem among lecturers can be linked to their value orientation. Since value orientation is the principles of right and wrong that are accepted by an individual and in social group. It is for this reason that this research study was carried out to determine if martial emotional intelligence among female lecturers of public universities is influenced by their values orientation. Specifically, this study seeks to determine the relationship between marital emotional intelligence and adjustment among female lecturers in two (2) public universities in Cross River State- Nigeria.

Purpose of the study

The reason of this study was to examine the influence of martial emotional intelligence and adjustment on female lecturers of two (2) public universities in Cross River State-Nigeria.

Specifically, the study sought to:

1) Ascertain the influence of emotional self-motivation on martial adjustment among female lecturers.

Research Hypothesis

The following hypothesis was stated to guide the study;

1. There is no significant influence of emotional self-motivation on marital adjustment among female lecturers in public Universities in Cross River State-Nigeria.

Significance of the study

This research work may be of benefit to the following persons and organizations; the counselor, lecturers, educational psychologists, school administrator, government and the society at large; guidance counselors may use the findings of this study to offer guidance and counseling services to clients. The findings may also help the lecturers to know much about emotional intelligence which may guide them on how to handle the problems of marital adjustment. It would also make female lecturers to recognize the emotional intelligence as very pertinent in their intrapersonal and interpersonal life to be able to regulate their covert and overt behavior among people in the society.

Educational psychologists may benefit from the findings of this study as it may enable them to identify people with marital adjustment problems such as anxiety, frustration, isolation and help to modify their behavior and offer psychotherapy.

This finding may guide school administrators in addressing martial adjustment problem among lecturers by educating teachers through seminars and symposium on how to make appropriate adjustment above all, findings of this study may serve as one of the reference materials for other researchers in related area of interest.

Related Literature:

Concept of emotional motivation

Emotional self-motivation penetrates in individuals to exhibit dependence behavior that may influence their capacity to possess reading ability for academic integrity. Emotional self-motivation allows students to exercise their experiences in how to study in the classroom environment (Karamati, 2021).

As motivation to drink water is meanly triggered by the conditions of the body: loss of water from cells and reduction of blood volume, so the motivation to use ICT tools instigated by self-motivation in emotional intelligence. Effiong (2017) illustrated that when water is lost by bodily fluids, water levels the interior of the cells; the anterior hypothalamus contains nerve cells called “Osmoreceptors” which generate nerve impulses in case of cell dehydration. The author maintained that these nerve impulses act as a signal for thirst and drinking; when thirst is regulated by loss of water from the Osmoreceptors, which is called cellular-dehydration thirst. So, what mechanism stop the drinking of water? Some researchers assume that the mechanism which explains the intake of water is also responsible for stopping the intake of water.

Motivation is the driving force that involves the raise, maintain and control the interest as postulated by Yahayal Sar Ee, Bachok, Yahaya, Boon, Hashim and MoLee (2012) stated that motivation is important to encourage students to actively engage in the activities of teaching and learning, interested in encouraging students to continue learning, to create a fun learning process. In this study, the motivation of priority is self-motivation. It is the desires of the natural birth of the student and it becomes a strong factor in learning activities through ICT utilization. Self-motivation becomes an important element of emotional intelligence which provides a boost in improving students state of computer usages to achieve academic performance, but dependence is dangerous. Effiong (2017). In the context of this study, self-motivation shows interest in students to study and understand the level of ICT utilization and to curb excessive usages that would hinder knowledge of their learning objective for obtaining good achievement.

Self-motivation is understood on the outcome of emotion expression Okoro and Effiong (2016). Emotions affect the response of a person against another person and also on their environment that ultimately determine the pattern of adjustment which will be taken in their lives (Kamarudin, 2019). The structure of emotion on children perhaps, should be used to generate interest for them to learn. Students should feel the success and enjoyment in learning to the extent that they get satisfaction, thus encouraging themselves to continue to be active in learning. Probably, emotions are usually accompanied by motivated behaviours. For example, if a student tends to continue to provide emotional excitement, while other students try to avoid or stay away from it if the return is not fun. Self-motivation in emotions intelligence may be based on the model of motivation. Such is expectancy-value.

As opine by Unaima (2023) emotional self-motivation and marital adjustment among female lecturers, the finding of the statistical analysis of his fourth hypothesis revealed that there is a significant influence of emotional self-motivation on martial adjustment in terms of communication, shared interest and romance and sex. However, no significant influence of self-motivation was found on overall marital adjustment among female lecturers in public universities in Cross River State. This could be due to the fact that emotional self-motivation penetrates individual to exhibit dependence behavior that may influence their capacity to possess ability for modesty and integrity. On self-motivation and marital adjustment among married women the study further showed that the mean of self-motivation among young adult married women was

21.28 while middle age married women's mean value were 21.82. The t-value was 0.86. The correlation between the variables of self-efficacy and martial adjustment was 0.40. The relationship between self-motivation and martial adjustment is a positive correlation.

Again Konye and Otta (2020) who investigated self-motivation and locus of control as correlates of marital stability among married adults in River State. The study revealed that there is significant relationship between self-motivation, personal perception, personal conception, personal attitudes, internal locus of control and external locus of control and marital stability among married adults in the area. The researchers therefore recommended that individual and group training programme be organized through marriage counseling clinic to enable married adults modify their personal components. Government should create the needed awareness and enablement to married adults towards utilizing clinics and the benefits thereof. This will mitigate marital conflicts and increase productivity in the workplace.

RESEARCH METHOD

The research design adopted for this study is ex-post facto. This design is used in the study when the researchers does not have control over the variables and as such, could not manipulate them because they had already occurred before the desire to conduct the research. According to Isangedigh, Joshua, Asim and Ekuri (2004) ex-post facto research is systematic empirical inquiry in which the scientist does not have direct control of independent variable(s) emotional self-motivation and marital adjustment among female lecturers of public Universities have already occurred and the researchers are only studying in the retrospective.

Measures

The instrument used for data collection was a questionnaire title: marital emotional intelligence and adjustment among female lecturers of public Universities Questionnaire (MEIAAFLQ). The instrument was designed by the researchers and two experts from test and measurement university of Calabar.

The questionnaire was sub-divided into sectors, A, B and C. Section A is made up of demographic data of the respondents while section B is comprised 10 items that measures the emotional self-motivation. The emotional intelligence scale is a four-point modified likert type scale: Strongly Agree (SA) = 4 points Agree (A)=3 points, Disagree (D)=2 points and Strongly Disagree (SD)=1point. Section C is made up of 7 items that measured marital adjustment in terms of communication with spouse, interest shares with spouse and romance with spouse.

RESULT

There is no significance influence of emotional self-motivation on martial adjustment in terms of communication, interest shared, romance and sex among female lecturers. The dependent variable in this hypothesis was marital adjustment among female lecturers while the independent variable is emotional self-motivation. The scores obtained from the respondents were split into two categories of emotional self-motivation. The highest score a respondent was expected to have on emotional self-motivation was 40, the lowest score is 10 and average score was 20. Any respondent who scored 20 or below the average was considered to have low emotional self-motivation; while those who scored 21 and above were above the average and these were considered to have high emotional self-motivation.

The respondents whose emotional self-motivation are high were grouped as 1, while those whose emotional self-motivation are low were groped as 2. To test this hypothesis, the two categories of emotional self-motivation were compared with marital adjustment interms of communication, interest shared, romance/sex and overall, among female lecturers using the independent t-test analysis. The result of this analysis is presented in Table 1.

Table 1: Summary of independent t-test of the influence of emotional self-motivation on martial adjustment among female lecturers (n=959)

Martial adjustment emotional self-motivation (sub-variables)	N	X	SD	t-cal	P-value
Communication positive	337	22.06	5.35	2.021*	.042
Interest share Negative	622	21.33	5.22		
Positive	337	18.52	5.8	6.045*	000
Negative	622	20.77	4.96		
Romance Positive	337	21.77	4.93	6.896*	000
Negative	622	19.54	4.44		
Overall positive	337	62.35	15.08	1.099	.254
Negative	622	61.64	14.72		

The results of the analysis revealed that the calculated t-value for each dimension of marital adjustment among female lecturers was higher than the critical t-value of 1.96 at .05 level of significance and at 957 degrees of freedom, except for overall martial adjustment.

The result presented in Table 1 shows the various levels of positive and negative emotional self-motivation among female lecturers and their marital adjustment. From the table, the absolute values of the calculated t-value for communication (2.02), interest shared (6.045), romance (6.896) and overall martial adjustment (1.099) are each significant at .05 alpha level and 957 degree of freedom. The null hypotheses is therefore rejected for communication, interest shared and romance among female lecturers except for overall martial adjustment. This therefore means that there is a significant difference between high and low self-motivation of female lecturers in their marital adjustment with respect to communication, interest shared and romance among female lecturers except overall marital adjustment. The direction of the significance is in favour of female lecturers with high emotional self-motivation as the mean value indicated.

The result also revealed that the female lecturers with high emotional self-motivation have higher marital adjustment than those with low emotional self-motivation. With these results, the null hypothesis which stated that emotional self-motivation does not significantly influence martial adjustment among female lecturers is rejected. This implies that emotional self-motivation significantly influences marital adjustment in terms of communication, interest shared and romance except overall marital adjustment among female lecturers in public Universities in Cross River State-Nigeria.

DISCUSSION

Emotional self-motivation and marital adjustment among female lecturers.

The findings of the statistical analysis of the hypothesis revealed that there is a significant influence of emotional self-motivation on marital adjustment in terms of communication, interest shared and romance. However, no significant influence of self-motivation was found on overall marital adjustment among female lecturers in public Universities in Cross River State. This could be due to the fact that emotional self-motivation penetrates in individual to exhibit dependence behavior that may influence their capacity to possess ability for modesty and integrity. The present research study agrees with Unaima (2023) on self-motivation and martial adjustment among married women. The result showed that the mean of self-motivation among young adult married women was 21.28 while in middle aged married women's mean value was 21.82. The t-value was 0.86. In middle aged married women's mean value was 21.28 and the t-value was 0.27. The correlation between the variables of self-efficacy and marital adjustment was 0.40. The relationship between self-motivation and marital adjustment is positive correlation.

The present study confirms Young (2015) who investigated whether people in relationships are motivated to enact healthy or unhealthy behaviors based on personal (i.e, autonomous) or interpersonal (controlled) motives. Results indicated that healthy and unhealthy behavior motivation appears to be a relational rather than individual construct. Partner healthy motivation was positively associated with individuals relationship satisfaction. For individuals who reported more unhealthy relationship motivations, relationship satisfaction and well-being were lower. There were no significant associations for self-motivations. Conclusions. The findings suggest that relational partners and the romantic relationship itself are important in understanding the dimension of health motivation for people in relationships. They conclude that the romance relationship context impacts health maintenance, supporting the merging of personal and interpersonal motivations for health behaviours.

Equally the present study is in line with Konye and Otta (2020) who investigated self-motivation and locus of control as correlates of marital stability among marital adults in River State. The major findings of the study revealed that there is significant relationship between self-motivation, personal perception, personal conception, personal attitude, internal locus of control and external locus of control and marital stability among married adults in the area of study. The researchers therefore recommend as follows; that individual and group training programmes be organized through marriage counseling clinics to enable married adults modify their personal component. Government should create the needed awareness and enablement to married adults towards utilizing clinics and the benefits thereof. This will mitigate marital conflicts and increased productivity in the workplace.

CONCLUSION

The study concentrated on the influence of emotional self-motivation and marital adjustment in terms of communication, interest shared, romance and overall martial adjustment among female lecturers in two public Universities in Cross River State-Nigeria. Sequel to the findings of the study it was concluded that there is a significant positives influence of emotional self-motivation on marital adjustment in terms of communication, interest shared, romance and overall marital adjustment among female lecturers of public universities in Cross River State-Nigeria.

Recommendations

The results obtained from testing the hypothesis guided the researchers to make the following recommendations;

1) Counselors should endeavour to infuse into female lecturers' emotional self-awareness in order for them to recognize the emotional experience as it comes, know their emotional strength and weaknesses to help them provide feedback to improve upon and to ascertain level of marital adjustment.
2) Female lecturer should be taught on how they could regulate their emotional self for general

successful life achievement. This is so because, marital maladjusted behavior could instigate someone to be emotional frustrated which would hinder their ability to pay attention to martial issues.

3) Educational psychologists should inculcate emotional empathy to enhance mutual co-existence among couples in marriage etc.

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